

STAY ACTIVE WITH SUSTRANS

WEEK 7: COMIC STRIP JOURNEY

WIN A BIKE
OR SCOOTER!

The Challenge

Create a comic strip of your journey to school or to your favourite park. Your journey must be done by walking, cycling, scooting or wheeling.

How to stand out – for children

We're looking for artistic flair and attention to detail. Why not check out some comics or graphic novels, to see how it's done? It's also great if you can think practically about your journey: what time do you need to set off? Do you need a helmet or a waterproof? To help you with this, we've got a resource overleaf.

How to enter – for parents and carers

- Upload your video to Facebook or Twitter using the hashtag **#SustransActiveLondon**
- Or send your video to BikeItPlusLondon@sustrans.org.uk
- Entrants must have the consent of a parent or guardian over the age of 18 to enter. Entries must be uploaded by a representative adult over the age of 18.
- Please see our [website](#) and read our Terms and Conditions for more details.

Deadline

Parents/carers – upload or send the video to us by **Wednesday 24th June** to be in with a chance of winning a bike or scooter.

What happens if I win?

- We will announce the winner on **Thursday 25th June** on Twitter and via email.
- We will be in touch to arrange your prize: a bike or scooter!
- Your video will be uploaded to our Twitter, @SustransLondon.

What happens if I don't win?

- There's still a chance your video will appear on our Twitter page. We will be putting some of our favourites up throughout the week, so keep your eyes peeled!
- This is a weekly challenge so there will be plenty of opportunities to take part again. Look out for our next challenge which will be announced on Wednesday 24th June.

DID YOU KNOW...



Pictures have been used in storytelling throughout human history. The Bayeux Tapestry was made around 900 years ago. It is a picture story embroidered on cloth about the Battle of Hastings.



Comic strips are usually a combination of pictures, captions, speech bubbles and thought bubbles.

Watch [this video](#) for more information about this week's challenge

sustrans
JOIN THE MOVEMENT

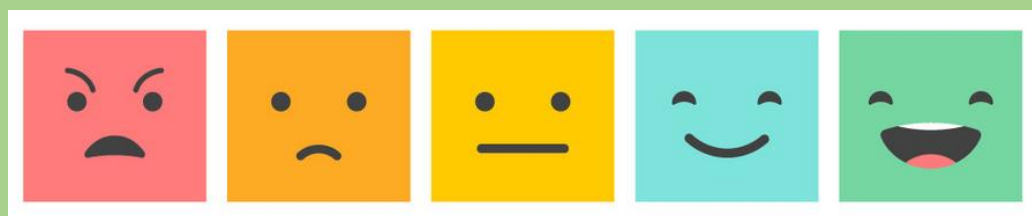
SHARE YOUR CLIPS!

Click on the twitter logo to go straight to our twitter page



#SustransActiveLondon

Tell us what you think of this activity



Click on the faces to link to our activity feedback survey

GET TO SCHOOL ON TIME



Time: 45 minutes

Activity Overview

Working with your adults, you will plan a routine so that you can walk, cycle or scoot to school and arrive on time!

What you'll need:

- Pen, pencil
- Three sheets of paper
- A timer/ stopwatch



DID YOU KNOW...



Getting 10-11 hours of sleep has so many benefits! It makes our memory better, makes our heart healthier and makes us happier too!



Walking, cycling or scooting to school can increase your concentration level by up to four hours.



15 minutes of exercise (including a walk, scoot or cycle to school) can make you feel brighter and happier.

HAVE YOU EVER WANTED TO CYCLE, SCOOT OR WALK TO SCHOOL?

Well, now's the perfect time! You can be a hero and stop the school gate from being crowded with cars, keep the air clean, and keep the roads safe! As well as this, you can stay healthy and happy yourself!

All you have to do is plan your routine so that you'll have plenty of time to cycle, walk or scoot to school.

It's super important to work with your parents or guardians to create your routine.



Here's what you could say to your parents:



When I go back to school I'd really like to walk/cycle/scoot there.

Walking/cycling/scooting will help me to stay healthy, happy and to help me and all my classmates to give everybody space around the school gates to stay safe and social distance.

To help with this, I'm going to write a routine for a week which I promise to stick to.

This routine will make sure that travelling by bike, foot or wheel I will arrive at school on time, as well as getting enough sleep to have the energy for the day.

I would love it if you could walk, cycle, scoot or wheel with me to school, and we could work together on making this routine so that we can enjoy the benefits of walking/cycling/scooting everyday.

PREPARE THE ROUTINE!



Before you start your routine, think about:

How long does it take to travel from your house to school by:

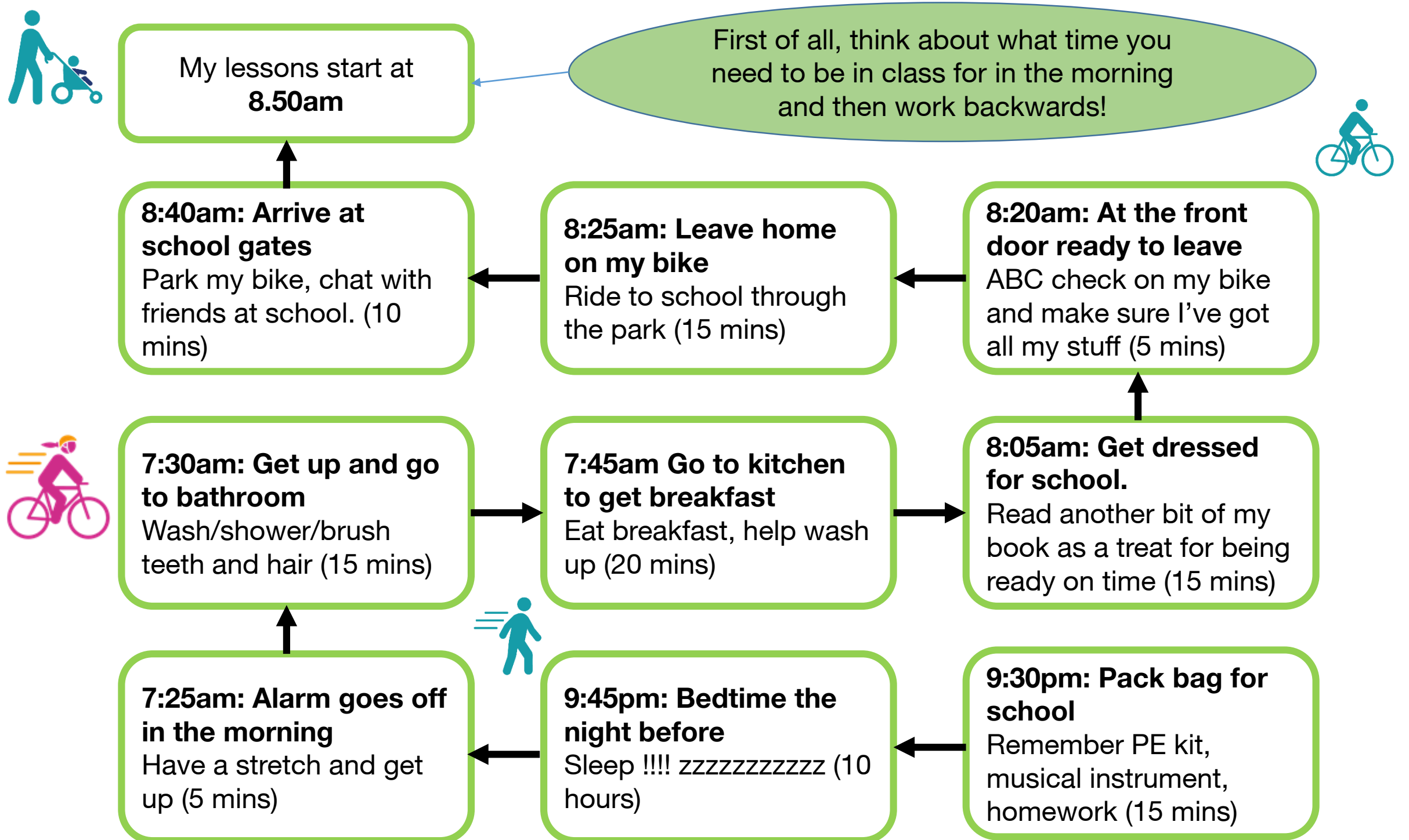
a) Walking

b) Cycling

c) Scooting

Maybe you could try it before with your parents or guardians if you aren't sure?

Here's an example of what someone's routine might look like:



NOW GET MAKING YOUR JOURNEY TO SCHOOL COMIC!!